

Swiss Office for the Coordination of Addiction Facilities  
Die schweizerische Koordinations- und Fachstelle Sucht  
La centrale nationale de coordination des addictions  
La centrale di coordinamento nazionale della dipendenza

## **Nightlife – Early Intervention**

Alwin Bachmann, Infodrog

# Development of national approaches to nightlife

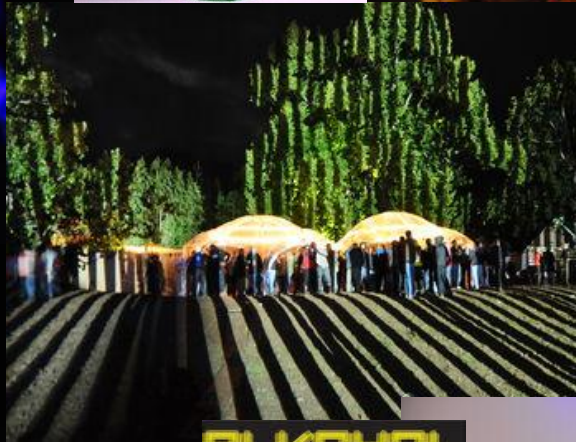
Since “Club Health 2010” in Zurich

- “Safer Dance Switzerland” (danno.ch + raveitsafe.ch)
- “Safer Nightlife Switzerland” (Infodrog + national partners)
- Action plan nightlife (GHB/GBL, other substances and involuntary drug ingestion and sex) (FOPH + Infodrog)
- Early intervention in the nightlife field  
(Infodrog in cooperation with prevention projects and RIPHA Zurich)

## Project objectives

- To provide and distribute instruments and practical guidelines for early intervention
- To improve onsite counselling and referral to treatment
- To extend regional and national networking and cooperation
- To improve data availability on consumption patterns, related problems, emerging drugs, etc. (by continuous field survey)

# The nightlife “entertainment context”



**ALKOHOL**  
WO IST FÜR DICH DIE GRENZE?

Tanzen?	Plätten?	Berühren?
Saufen?	Sehen?	Sprechen?
Schlafen?	Aggression?	Katzen?
Sex?	Heimfahrt?	Kater?

WWW.SAFER-CLUBBING.CH



## Partygoers are...

*“[...] socially integrated persons who have activities and life styles that could fit in ‘standard’ or conventional values of the societies they live in, but break up their reality by joining subculture raves in their leisure time“*

Fernández-Calderón et al. (2011), p. 195

# What are the risks in the nightlife setting?

- **Substance-related:** unknown purity and dosage, short- and long-term side effects, interactions
- **Behavioural:** risky consumption, sexual risk behaviour, transport to / from party, violence, crime
- **Setting-related:** noise levels, overcrowded venues, poor ventilation, access to water; but also: impact on the environment

# “False” ecstasy

## Achtung! verkauft als Ecstasy!

Datum: März 2011 **Neue Pillen!**

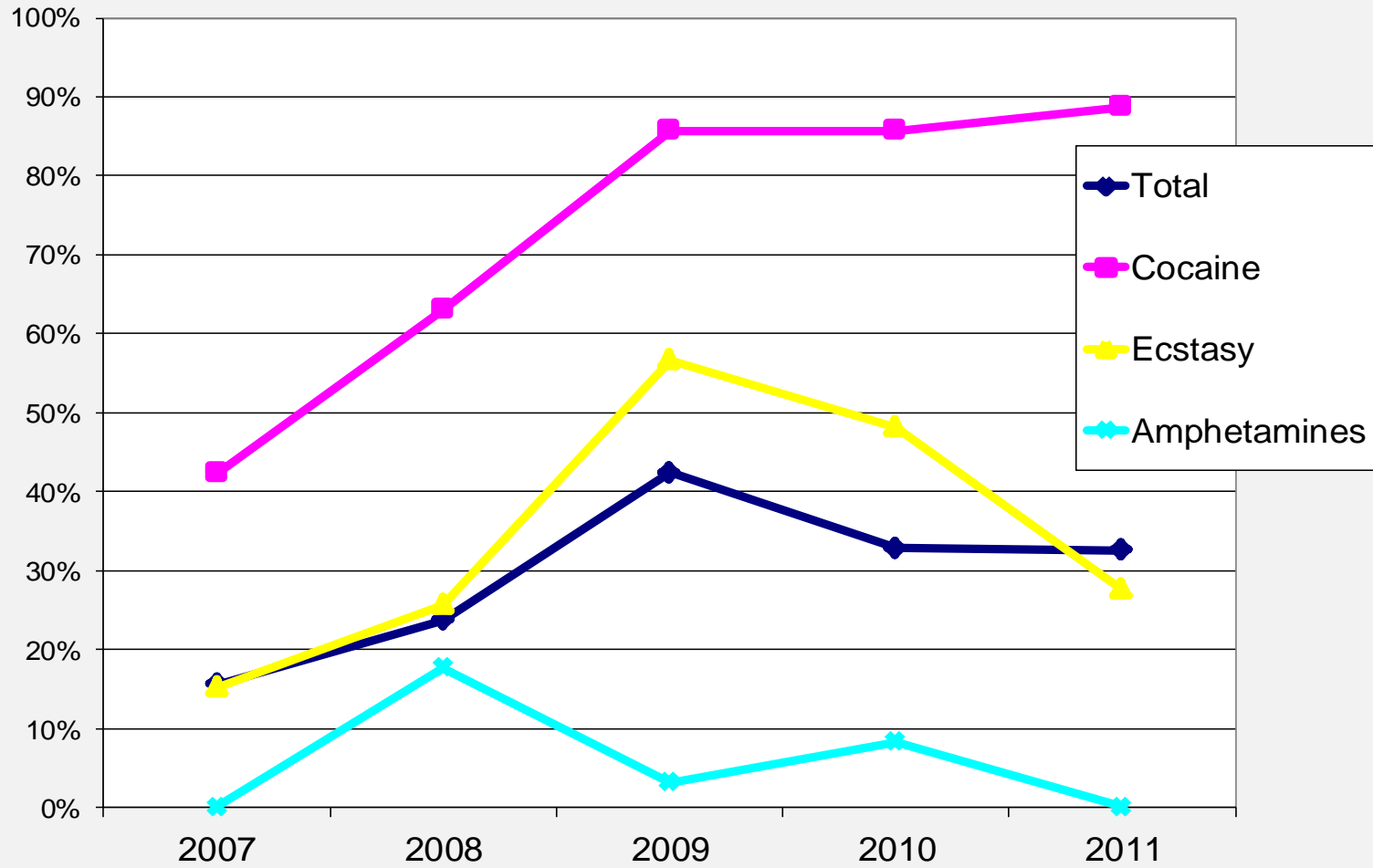


Name	Asiatisches Schriftzeichen/Fisch	Motorolla	Asiatisches Schriftzeichen/Fisch
Gewicht	241.3 mg	227.4 mg	233.5 mg
Durchmesser	7.1 mm	8.2 mm	7.1 mm
Dicke	4.6 mm	3.7 mm	4.5 mm
Bruchrille	keine	ja	keine
Bemerkungen	Logo auf beiden Seiten		Logo auf beiden Seiten
Farbe	rot	beige	rot
Inhaltsstoff	<b>m-CPP 44.6 mg</b>	<b>m-CPP 51.9 mg</b>	<b>m-CPP 37.4 mg</b>
Getestet in	Zürich, Februar 2011	Zürich, März 2011	<b>Zürich, April 2011</b>

### Risikoeinschätzung

Diese als XTC verkaufte Pille enthält kein MDMA, sondern eine hohe Dosis des Piperazins m-CPP. m-CPP ruft bei manchen Personen ein MDMA-ähnliche Wirkung hervor (eher halluzinogen, weniger entaktogen), bei vielen Personen stellen sich aber nur die unten beschriebenen Nebenwirkungen ein. Es besteht die Gefahr, dass bei ausbleiben der MDMA-typischen Wirkung nachgespickt wird und somit hohe Mengen m-CPP eingenommen werden.

# Substance alerts since 2007





## Behavioural risks

- Much higher level of substance use among young people who visit parties than in the general population
- High prevalence of risky consumption patterns
  - polysubstance use: ~80% mix 2 / ~50% 3 substances or more
  - high consumption frequencies
  - consumption before / during / after party
- Increased risk-taking
  - unsafe sex
  - transport to and from parties

Chinet et al. (2007)

Hungerbuehler, Buecheli, Schaub (2011)

Van Havere et al. (2009)

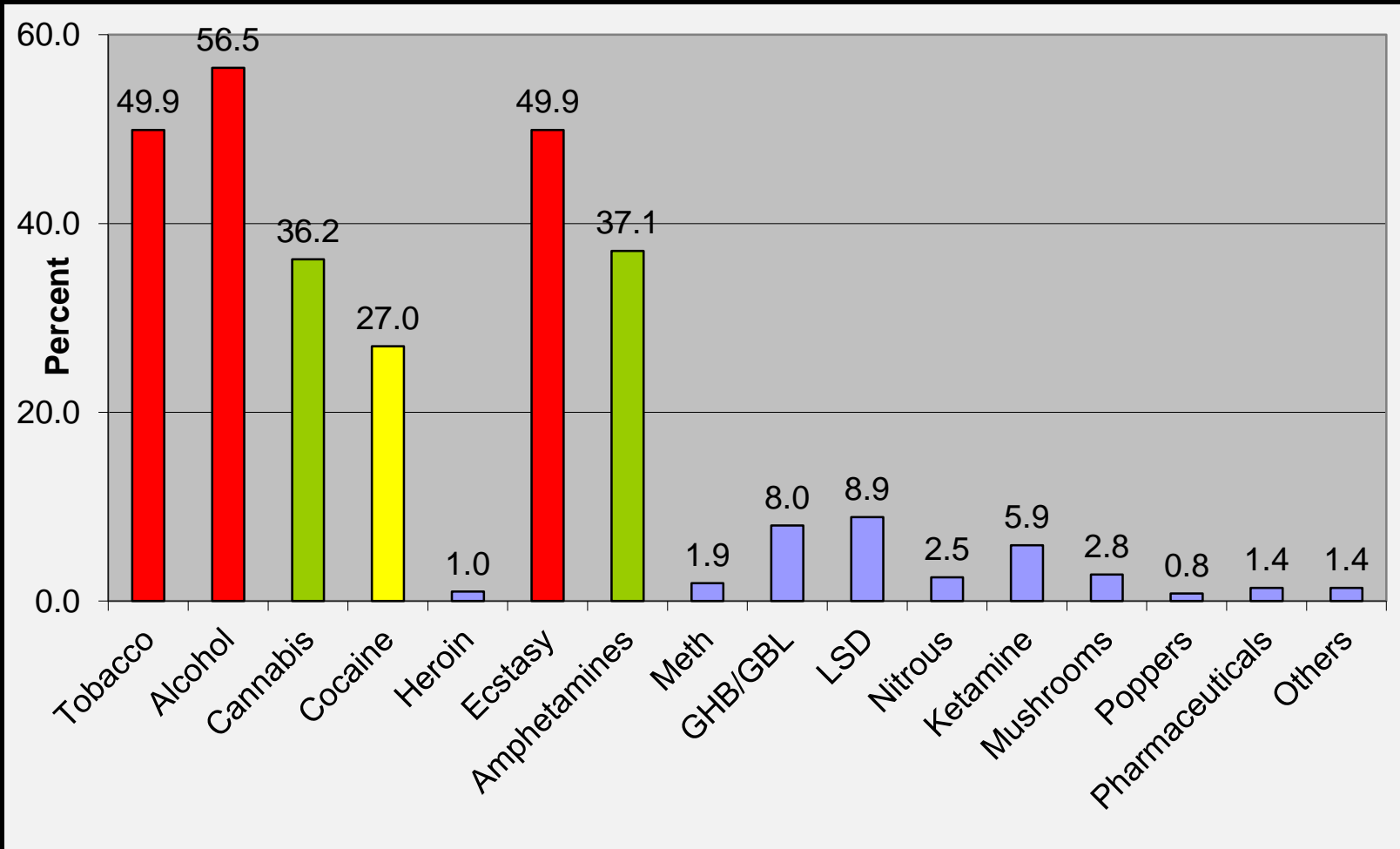
Fernández-Calderón et al. (2011)

Calafat (2010)

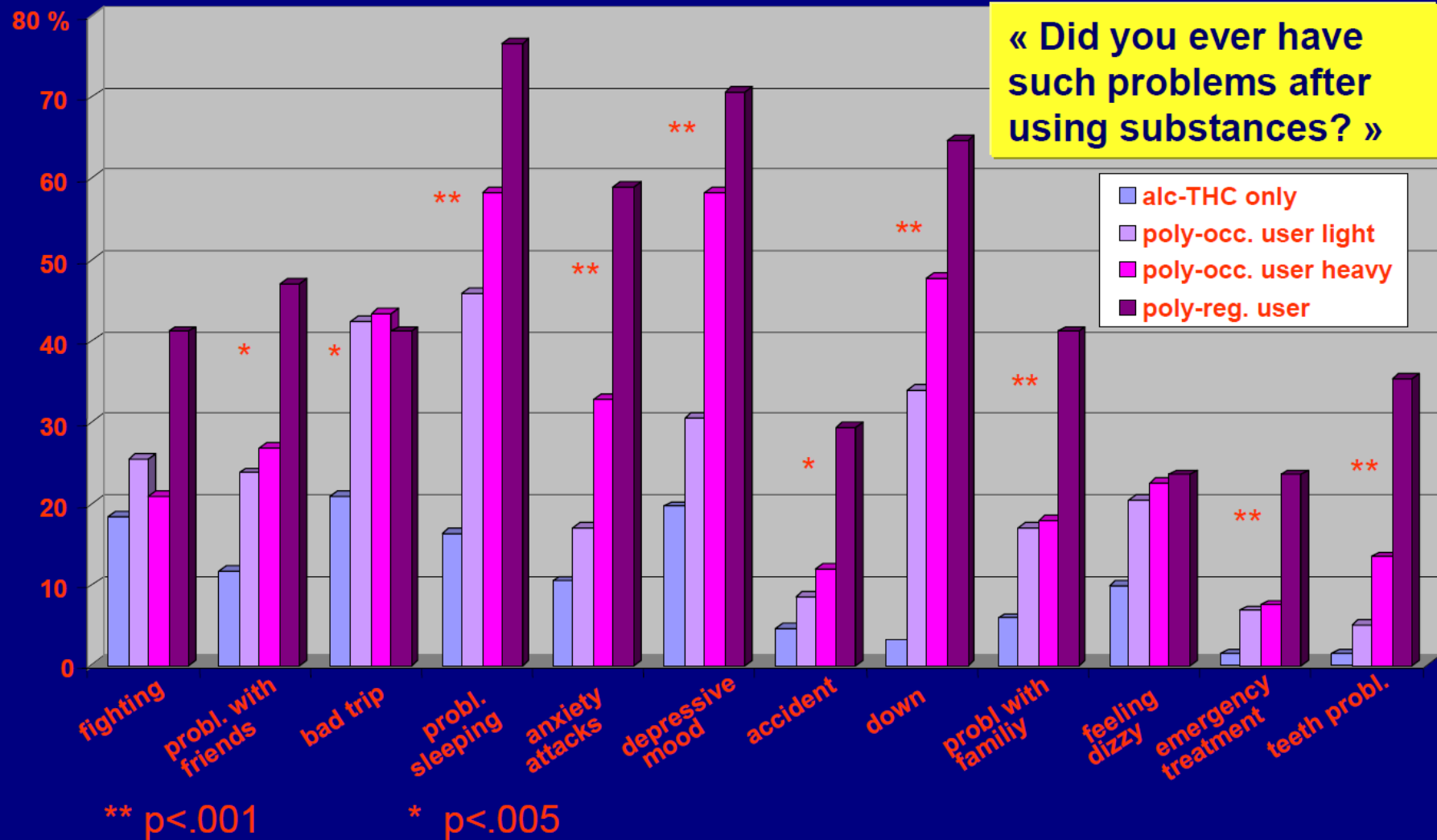
Hunt et al. (2009)

Verster et al. (2010)

# Drug use during a typical party night (N=1364)



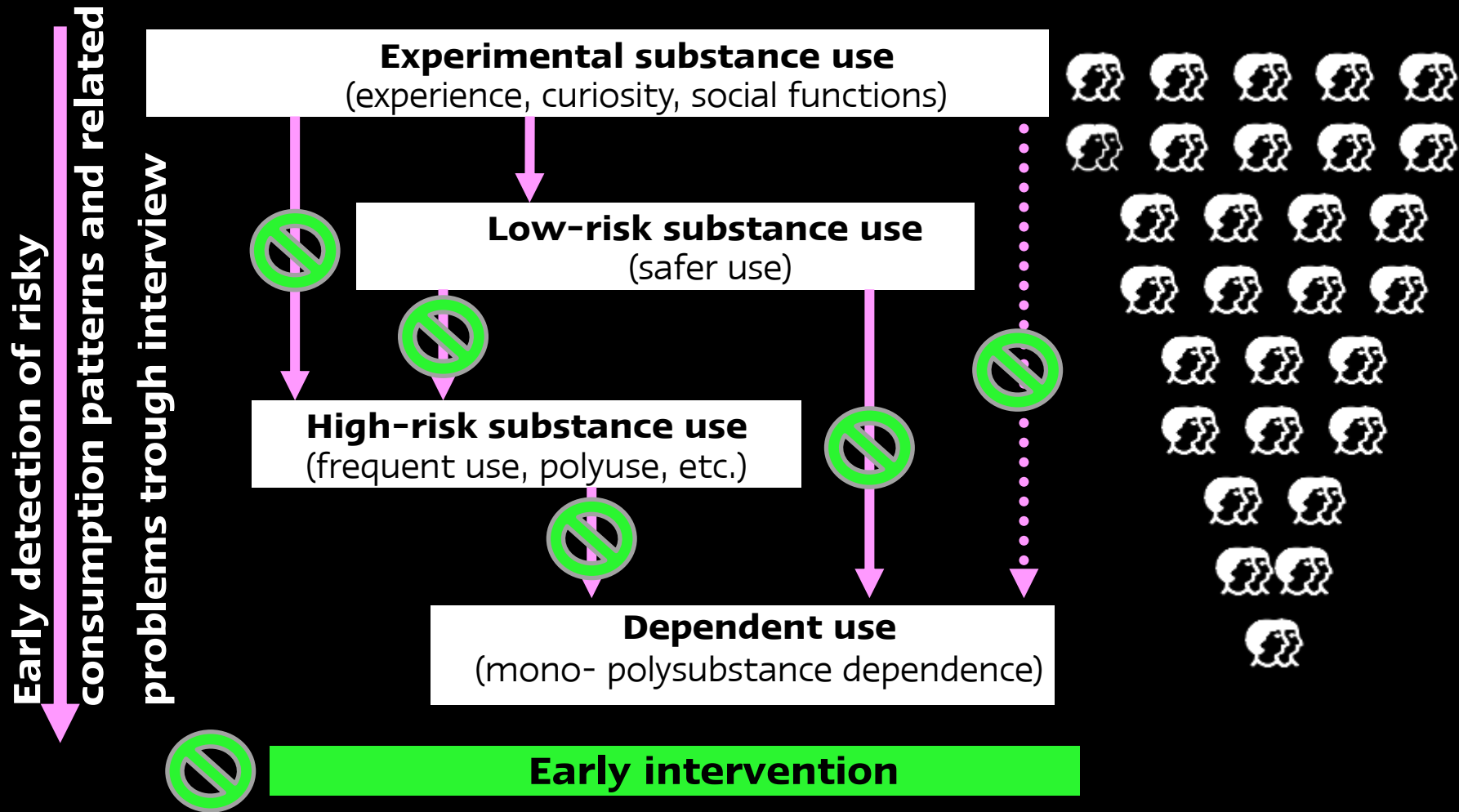
# Consumption-related problems



# New Instruments

1. **Modular questionnaire** for the measurement of consumption patterns, risk behaviour (including binge drinking), related problems, emerging drugs, etc.
  2. **Guideline** for short consultations
  3. **Recommendations** for the assessment of risk behaviour
  4. **Overview** and specific recommendations for further treatment
- trilingual (GE, F, I) and electronic versions
  - Training

# Early intervention model



# Levels of intervention

## Level 1: onsite / low-threshold services

- Structured interviews and counselling
- Assessment of problems, but no global evaluation of the situation of the respondent
- Possibly “Simple Advice” and short intervention
- Possibly referral to treatment



## Level 2: Treatment

- Diagnostic evaluation
- Case-specific treatment

## Strengthening the link between early detection and early intervention

- Training for professionals involved in prevention / risk reduction interventions in recreational settings
- Knowledge transfer to addiction professionals, treatment services and general practitioners
- National support of low-threshold prevention measures for recreational drug users
- Support for the diversification of treatment services and facilities for cocaine, cannabis and synthetic drug users

# Conclusion

## Recreational drug users

- Receive more professional information, counselling and (if needed) referral to treatment

## Professionals

- Strengthening of counselling skills
- Strengthening of networking and cooperation
- Legitimacy of specific prevention intervention
- Further development of interventions on an evidence base

## Research

- Increased knowledge through continuous field survey
- Transfer of data and knowledge to addiction monitoring, NEWIP, etc.



**Thank you for your  
attention**

**[www.infodrog.ch](http://www.infodrog.ch)**

**[www.infoset.ch](http://www.infoset.ch)**

**[www.suchtmagazin.ch](http://www.suchtmagazin.ch)**

# References

- Bücheli, A., *Stadt Zürich, Soziale Einrichtungen und Betrieben: Umsetzung und Effektivität von Drug Checking in Zürich*. Präsentation am Drug Checking Symposium in Berlin, 6. Mai 2011.
- Calafat, A. (2010): *Prevention Interventions in Recreational Settings*. Strasbourg: Council of Europe. Pompidou Group.
- Chinet, L., *University Hospital, Child and Adolescent Psychiatry Unit (SUPEA), in collaboration with the University of Lausanne, Institute of Social and Preventive Medicine (IUMSP), and Prevtch (Prevention, Information & Harm Reduction at Techno Parties): Substance use and related issues in party goers - where is the problem?* Presentation at the Swiss Addiction Research Day II in Lausanne, May 4, 2007.
- Chinet, L./Stéphan, P./Zobel, F./Halfon, O. (2007): *Party drug use in techno nights: a field survey among French-speaking Swiss attendees*. *Pharmacology, Biochemistry and Behavior* 86:284-289.
- Fernandez-Calderón, F./Lozano, O.M./Vidal, C, Ortega, J.G./Vergara, E./González-Sáiz, F./Bilbao, I./Caluente, M./Cano, T./Cid, F./Dominguez, C./Izquierdo, E./Pérez, M.I. (2011): *Polysubstance use patterns in underground rave attendees: a cluster analysis*. *Journal of Drug Education* 41(2):183-202.
- Hungerbuehler, I./Buecheli, A./Schaub, M. (2011): *Drug Checking: A prevention measure for a heterogeneous group with high consumption frequency and polydrug use – evaluation of Zurich's drug checking services*. *Harm Reduction Journal* 8:16.
- Hunt, G.P./Bailey, N./Evans, K./Moloney, M. (2009): *Combining different substances in the dance scene: enhancing pleasure, managing risk and timing effects*. *Journal of Drug Issues*, 39(3):495-522.
- Van Havere, T./Vanderplasschen, W./Broekaert, E./De Bourdeaudhui, I. (2009): *The influence of age and gender on party drug use among young adults attending dance events, clubs, and rock festivals in Belgium*. *Substance Use and Misuse*, 44:1899-1915.
- Verster, J.C./Kuerten, Y./Olivier, B./van Laar, M.W. (2010): *The ACID-Survey: Methodology and design of an online survey to assess alcohol and recreational cocaine use and its consequences for traffic safety*. *The Open Addiction Journal*, 3:24-31.